

2019-2020 Wrestling Parent Meeting Main Points:

1. Coaches:
 - a. Kale Mann- khmann@bluevalleyk12.org
 - b. Brandon Olney
 - c. Kellen Baysinger
 - d. John Ruddy
 - e. Jason Dolezal
 - f. Regan Wright
 - g. Bob Jaso
 - h. Mitchell Bartsch
 - i. Wes Damron
2. Program Mission: To Build Champions ON and OFF the Mat
3. Coach Mann's Purpose Statement I coach to guide young people to strive for excellence by developing the traits of integrity, selflessness, and perseverance to help them grow into better sons or daughters, spouses, and parents..
4. Grades are important! Study Halls should be used to work with teachers and complete homework.
5. Practice attendance is vital. It is expected that if able all wrestlers will attend practice. If they are not able to, they should communicate that to Coach Mann ASAP.
 - a. EYE OF THE TIGER AWARD- 100% Practice and Competition Attendance
 - b. Optional Practices: Are optional, but necessary for the Eye of the Tiger Award.
 - c. Snow Days: Practice times will be communicated via HUDL & twitter: @bvwwrestling. Generally, only Varsity level athletes are able to come (GOLD GROUP). Times will be determined by Administration and myself. Safety is 1st priority.
6. We are building a program! We should be our own biggest fans. It is the expectation that:
 - a. Wrestlers travel to and from competitions with the team.
 - b. Support our teammates at competitions they are competing at whenever possible.
7. Nutrition and Bed rest are keys for optimal performance (in the classroom and on the wrestling mat).
 - a. Ideal nutritional information is available on the Wrestling Website.
8. It is strongly encouraged to enroll in a Weights class if at all possible. This will aide in strength development, injury prevention, and allow for in-season strength maintenance.
 - a. If not in a weights class, lifting should be done 3x per week either 6:45 am or during our Practice sessions.
9. Concussion Rules: If concussion is suspected, must be cleared by a doctor before returning to practice or competition (KS STATE LAW).
10. Showering- Mandatory at BVHS after practice and at the Competitions site.
11. Clean practice clothes must be worn daily
12. Hygiene: These are national federation rules!
 - a. Nails must be trimmed
 - b. Hair must be (above eyebrows and collar of a shirt in it's normal state)
 - c. Facial hair must be clean shaven
13. Equipment: All competition equipment will be checked out to each wrestler with the exception of Shoes.
 - a. You may purchase your own headgear (BV colors). If you need a kneepad you will need to purchase it.
 - b. ALL EQUIPMENT IS EXPECTED TO BE RETURNED IN GOOD CONDITION.
 - c. If you wear braces &/or have a history of concussions, you will need to purchase a mouth piece.
14. If a skin infection is suspected, you must have a paper signed by the doctor. Get it from Coach Mann or the BVHS wrestling website before you go to the doctor.
15. Split Practices: Early/Late Schedule
16. How is Varsity determined?
 - a. There are many variables that factor into who will be a varsity wrestler. SOME of them are listed below:
 - i. Wrestle-offs (a large factor, but not the only one)
 - ii. Practice Attendance
 - iii. Effort put forth at Practice
 - iv. Good standing with the School and Team
 - v. How the individual represents Blue Valley HS and BVHS Wrestling.
 - b. Any wrestler not on varsity will be considered JV. Some meets are 9th grade only, some are only for 10-12th grade, some can be attended by any age level. Competition plans will be communicated to the wrestlers.

17. Tournaments vs. Duals.

- a. A Dual is where one team wrestles another team. Generally JV wrestlers compete 1st followed by the Varsity competition.
- b. A tournament involves multiple teams competing at the same time. Individuals are put in a bracket and they will wrestle between 2 and 5 times that day. Generally we won't know who or when they wrestle ahead of time.
- c. Sub-Varsity Events: Often are designed to maximize the number of matches for competitors, but will not generally keep team score.

19. The Takedown Club (Wrestling Parent Boosters): Treasurer: Susan Daniels

- The Takedown Club is a great support group for our wrestling program. They provide many essential services that help make the program viable. They would ask for 2 things.
 - **\$125 contribution.** This money will be spent on the wrestlers. See the TakeDown Club page on the website for more information.
 - **To volunteer for the various committees when asked.** If everyone does some, then no one has to do everything!
 - **Each family should sign up for 1-2 Hospitality or Concession dates**
 - Hospitality Co-Chairs: Kris Goswick, Stephanie Kavlick
 - Concessions Chair: Roberta Hughes, Melissa Solomon
 - **These things benefit the entire program and each wrestler.**

BVHS PTO

- The BVHS PTO has given our program a tremendous amount of support over the past 7 years. Please consider supporting the Invest in BVHS program through the PTO.

Fundraiser:

- Hudl Donation Requests: We are a self funded program. Each wrestler needs to send out 10 email requests through hudl to try to raise funds. Funds will be used for:
 - Equipment purchases
 - Travel/Food Expenses
 - Training Equipment
- NCAA Clearinghouse/Play NAIA
 - If your wrestler has a desire to participate in ANY sport at the next level you should complete the NCAA Clearinghouse and/or the Play NAIA process as early as possible.

Trainer: Caitlin Truhe

❖ Resources:

- FREE Online Course RE: Concussion Management
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>
- FREE Online Course RE: The Role of the Parent in Sports
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=18000>
- FREE Online Course RE: NCAA Eligibility <http://www.nfhslearn.com/electiveDetail.aspx?courseID=14000>